



## Christy's Meatballs or Meatloaf

READY IN



50 min.

SERVINGS



3

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon basil
- 0.3 cup breadcrumbs
- 0.3 cup brown sugar
- 2 teaspoons butter
- 1 eggs beaten
- 1 teaspoon garlic minced
- 1.5 teaspoons garlic minced
- 0.3 teaspoon hot sauce
- 1 cup catsup

- 1 lb ground beef lean (use very beef)
- 2 tablespoons milk
- 2 teaspoons mustard
- 2 teaspoons cooking oil
- 0.5 cup onion chopped
- 0.5 teaspoon oregano
- 2 tablespoons parmesan
- 0.5 teaspoon parsley
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 1 teaspoon salt
- 0.5 teaspoon worcestershire sauce
- 1 tablespoon worcestershire sauce

## Equipment

- bowl
- paper towels
- oven
- baking pan

## Directions

- Preheat the oven to 350 degrees.
- Mix all the meatball ingredients in a large bowl and shape into 1-inch balls. Fry until brown in the oil and butter.
- Drain off the grease and place meatballs on paper towels.
- Place meatballs in a 2-qt. baking dish. In a small bowl, combine sauce ingredients.
- Pour over meatballs.
- Bake for 20 minutes. For a meatloaf, mix the meat and form into a loaf in a baking dish.
- Bake for 45 minutes.

Remove from the oven and top with the sauce. Return to the oven for 15–20 minutes or until the sauce looks bubbly.

## Nutrition Facts



**PROTEIN 30.25%** **FAT 28.72%** **CARBS 41.03%**

### Properties

Glycemic Index:124.33, Glycemic Load:1.03, Inflammation Score:-7, Nutrition Score:23.65347835292%

### Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

### Nutrients (% of daily need)

Calories: 503.58kcal (25.18%), Fat: 16.24g (24.98%), Saturated Fat: 6.65g (41.58%), Carbohydrates: 52.18g (17.39%), Net Carbohydrates: 50.7g (18.44%), Sugar: 37.83g (42.04%), Cholesterol: 158.94mg (52.98%), Sodium: 2292.37mg (99.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.47g (76.93%), Vitamin B12: 3.65µg (60.81%), Zinc: 8.42mg (56.11%), Selenium: 36.51µg (52.16%), Vitamin B3: 10.23mg (51.16%), Vitamin B6: 0.84mg (42.07%), Phosphorus: 418.8mg (41.88%), Vitamin B2: 0.53mg (31.1%), Iron: 5.38mg (29.92%), Potassium: 943.64mg (26.96%), Manganese: 0.33mg (16.27%), Vitamin E: 2.4mg (15.98%), Magnesium: 60.69mg (15.17%), Calcium: 144.83mg (14.48%), Vitamin B5: 1.43mg (14.27%), Copper: 0.27mg (13.34%), Vitamin B1: 0.2mg (13.33%), Vitamin A: 632.93IU (12.66%), Folate: 38.58µg (9.65%), Vitamin C: 7.2mg (8.72%), Vitamin K: 8.67µg (8.26%), Fiber: 1.48g (5.92%), Vitamin D: 0.57µg (3.81%)